

Student well-being

ROADMAP

STUDENT WELL-BEING AT LEIDEN UNIVERSITY

Find out how to boost your well-being and who to contact for support on the [student website](#)

FIRST POINT OF CONTACT

If you are experiencing academic challenges or personal circumstances that impact your well-being and/or studies, the first person to contact is your [study adviser](#)

COURSES, WORKSHOPS & E-HEALTH

- Want to work on your own mental well-being? You can follow [free e-health courses](#), for example to [boost your confidence](#) or [deal with stress](#)
- Develop your study skills in an online workshop from [ePOPcorner](#)
- Visit the [website](#) for a list of all the workshops, courses and support groups on offer, covering topics such as self-confidence, procrastination, stress and thesis writing
- Online self-help is also available to improve your study skills, like a workshop on [how to prepare for exams](#) or a course on [self management](#)

MEETING PEOPLE AND RELAXATION

- Navigating Dutch student life? Join one of the activities offered by your faculty's POPcorner or the Meeting Point: [Social Sciences](#) - [Humanities](#) - [The Hague](#) - [Meeting Point](#)
- Download [one of our apps](#) to discover, join or set up an activity or community for students.
- Become a member of a [study association](#) (social and academic activities) or [student association](#) (social activities, sport, games and more)
- Find out about the many diversity and inclusion [networks and communities](#)
- Meet fellow students and share experiences within a [Student Support Groups](#)
- [Find a buddy](#) via one of the many buddy programmes
- Visit [RAP100](#) for activities on themes such as community, meaning and personal growth
- Get arty at the [LAK](#) and follow one of their many creative courses
- Discover a wealth of sports at the [University Sports Centre](#) in Leiden and The Hague

STUDY-RELATED SUPPORT

- Make an appointment with a [student psychologist](#) to talk about any study-related and personal issues. The student psychologists also offer a range of [training courses](#)
- Study delay and questions about BSA, finances, top-level sports, (upcoming) parenthood, caring responsibilities or a board position? Contact the [student counsellors](#)
- Studying with a disability? Contact [Fenestra Disability Centre](#)
- [Leiden University Career Zone](#) and the [Alumni Mentor Network](#) can offer advice on study choices and your future career

ADDITIONAL SUPPORT OR ADVICE

- Medical care: make sure you are registered with a local GP. You can find one via [Zorgkaart Nederland](#)
- Mental health: your GP can refer you to the right sources of care
- Someone to talk to? The [Luisterlijn](#) (listening line) is available 24/7 or drop by [@ease](#)
- [Brijder](#) is there for anyone who has questions about alcohol, drugs or addiction issues
- Unacceptable behaviour such as sexual harassment or discrimination? Contact the [Confidential Counsellor](#) for Unacceptable Behaviour. In case of sexual violence, the [Sexual Assault Centre](#) can help

URGENT HELP NEEDED?

- Life threatening situation: Call 112
- Suicidal thoughts or concerned about someone? Call 0800-0113 (or from a Non Dutch phone call your country's hotline). Or chat via [113.nl/english](#)
- Urgent psychological help: Contact your GP. Or outside office hours, contact your local out-of-hours doctor

STAY UP TO DATE

- Sign up for the monthly [student well-being newsletter](#) and stay up to date on all the free activities, workshops and other services
- Watch this [short video](#) about what you can do if you encounter challenges during your studies

